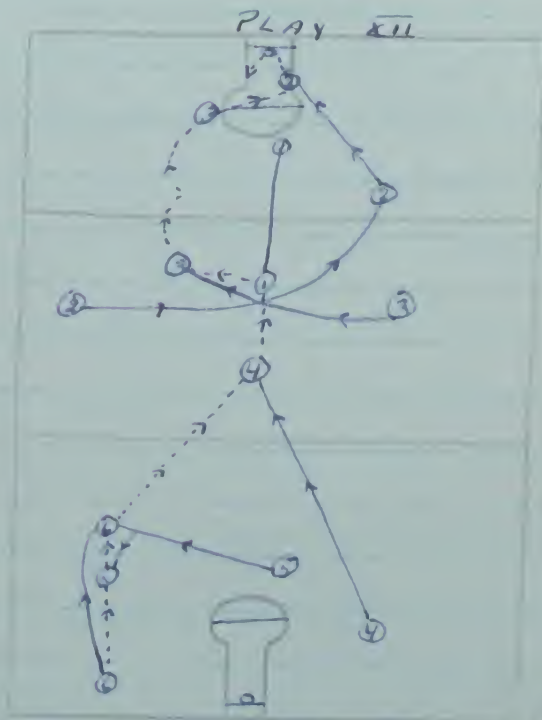
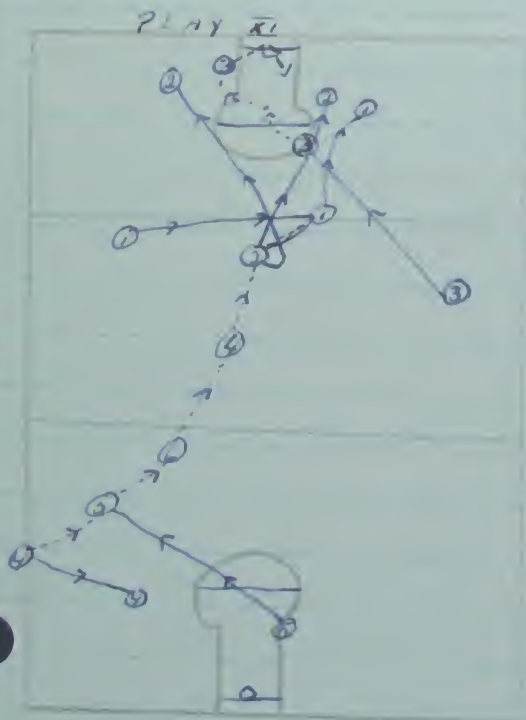


A. Timing. b. Zig zag passing. A. Timing. c. Running to definite space.
Description: No. 6 passes to 5, 5 to 4, 4 to 3, to receive pass. (Receiving on first play)
 3 back to 4, 4 to 2, 2 to 1. No. 1. Shoots. d. First.

Description of 8. No. 6 passes to 5, 5 to 4, 4 to 3, 3 to 1. No. 1 pivots & fakes
 a pass to No. 2 who has come around behind her. No. 1 then pivots & comes
 toward basket & shoots.



A. Out of bounds play on side. Guard 4 takes it.
 B. Pivoting & changing direction, & evade guard.
Description - No. 4 out of bounds & passes to No. 5.
 No. 5 passes to 6, 6 to 4, 4 to 2. No. 2 pivots &
 passes to No. 1. No. 1 pivots L & passes to 3. No.
 3 shoots & shoots.

A. Accurately times passes. c. First by comes pass.
Description - No. 6 passes to 5, 5 to 4, 4 to 3,
 4 to 1. No. 4 pivots & gives short pass to 3 who
 comes behind 1. No. 3 comes & pass to 2 who
 has cut across court from L to R. & then toward
 basket from R to L. No. 2 shoots from R under
 11.

The Pass - Teach passing with either hand, especially left. As most players are right handed, player defending expect passes on his left. Advantage to release pass with left hand. Overhead pass unless unguarded - easy to stop; emphasis placed on short waist - and chest high passes stepping in sword guard & releasing ball under arms or around waist, with either hand.

The Feint - Players should become masters of feint. Imp. to "guard play" since forwards are being coached to guard such as they lose the ball.

Shooting - Guards practice shooting too. Getting feel of a rebounding ball, knowing likely spots for a shot, timing release must be experienced to enable guard to break up a shot or recover ball. Shooting must be taught from the move, going away from basket as well as toward it.

Furds - a quick catch from a cut under or toward the basket with immediate release for a shot. Controlled 1-handed shots good.

The Cut - Players drilled to 'cut in front' of defending player to receive pass. Dropping behind a guard for a high pass should be the exception & used so seldom that the element of surprise should make it a clear sure shot & bad.

The Pivot - Guards - for getting thru a 6-man defense Furds - in screen play & combined w a bounce in shooting.

The Screening Play - Fwd. within comfortable shooting distance of basket is closely guarded. She executes a back pivot and gives a short pass to another forward who has come close behind her. After pass, stands where she is, dropping her arms to sides, & fwd. who receives pass shoots immediately. Good again zone defense. Used by guards when closely guarded by furds. (2)

Speed - Offensives player get rid of ball before defense has time to get set. Catch & pass immediately, then move receive return pass. Imp. from out-of-bounds play.

Offensive play begins at several points

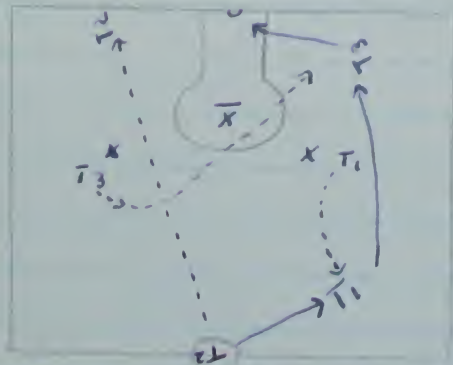
1. From center - throw.
2. When ball leaves pitcher's hand a guarded or free shot.
3. From out-of-bounds.
4. " a j.p. ball.
5. When ball "free".
6. From Center - Throw.

Set plays at beginning give fuds. good habits of cutting and passing and definitely carry over when guards send ball down field. Later play without signals given when set plays become automatic. Any of following plays used on pass from guard. Receiving fuds stand close to imaginary line 11 to centre line. Allow for quick movement back for occasional high pass. Imp. that both fuds. move on each pass from centre as if they were receiving pass, to confuse & draw up defense.

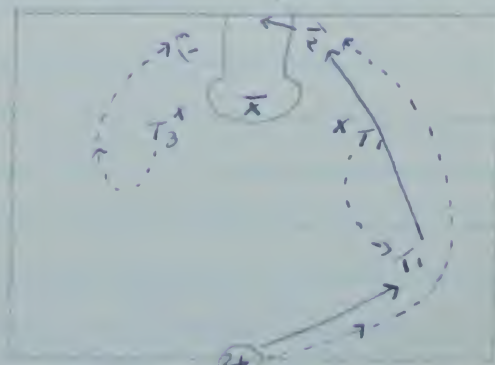
Key & Diagrams.

T - Turn + direction facing, X - Guard.

→ - Path of ball, --- - - - - path of player.



Almost all passes from center three, three
no pos. catches fall facing diagonally and
nearest side line, a perfect ball to O.
from guard. From this pos. often pass. 2 do
a quick pivot continuing in same direction
No screen guard from play.



Fund. not receiving center pass
which gives out 2 blow out the guard
+ get in pass. for possible rebound.
T. jumps 272 of passing 2 72 under
basket.



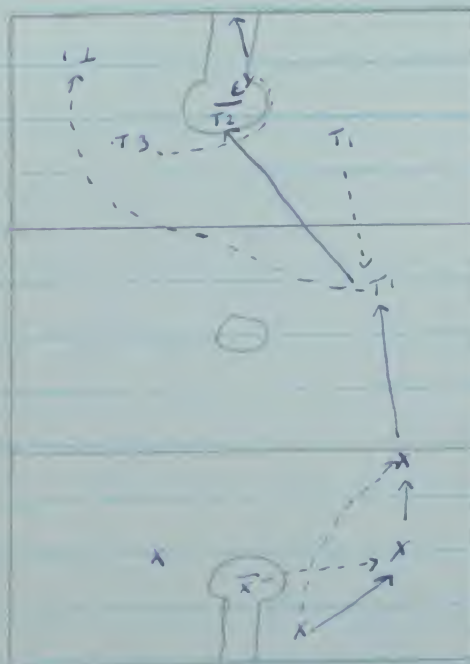
Here, T₁ gives a quick pass to guard on some side who makes a long high pass to T₃ under basket. This is one of the surprise high shots over the guard's head to guard, who comes just, then drops back quickly.



Screen pass with T₁ screening her guard from pass to T₂ & from T₂ to T₃ under basket. After pass, T₂ continues down side line & back of T₃ in case too closely guarded to shoot & reset pivot, screening guard & allowing T₂ to shoot.

2. When Ball Leaves Hds. of Fwd. in Shot for Basket.

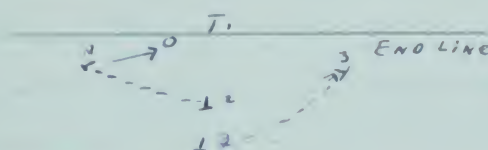
When guard recognizes shot for basket, speed in getting ball to fwd. imp. "6-men" defense must broken up by getting ball into fwd. territory & defense has chance to form.



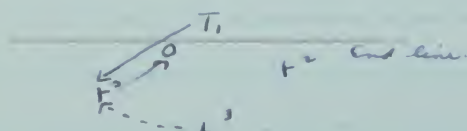
This play easily taught & simple. Keep ball close to side lines. Timing & speed important. When play used on other side of court, ball must be passed across 3. well L. hand. 123

X passes ball to T₁, X up & cuts up field & passes back to same guard who cuts ahead of her. When T₁ receives ball passes to T₂ at mid line & screen on wide circle around T₂ calling for ball. T₃ cuts close in front & around T₂. T₂ plants to T₁, but pivots, screening her guard & makes a short pass ahead of T₃, who shoots. T₂ tries to shoot, effectively screening the 2 guards & preparing to rebound. Particularly good screening play & not used on any plans from guards.

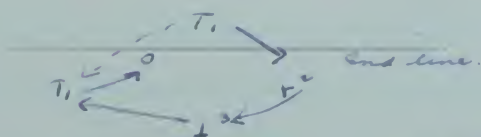
3. From Out of Bounds.



As T_1 takes ball out of bounds, T_2 & T_3 slip in pos. & directly behind other. Diff. pos. & guards 2 watch as T_3 signals by pressure of T_2 on waist of T_2 which way she is 2 dart & pass. Ball may go to either side of basket & shot, or one fwd. may fake direction & remain where she is for pass.



T_1 takes ball out of bounds & T_2 & T_3 take pos. in diagram. T_2 stands near endline facing near corner of court & stretches out arms for pass. T_1 fakes to T_2 but passes on bounce to T_3 who cuts in front of guard to oppo. side of basket & shoots.



This begins like one preceding. However, T_1 passes to T_2 & comes back on floor on oppo. side of basket. T_2 pivots & passes to T_3 who goes to meet ball & immediately passes to T_1 who shoots.

Suggestion for Offensive Play.

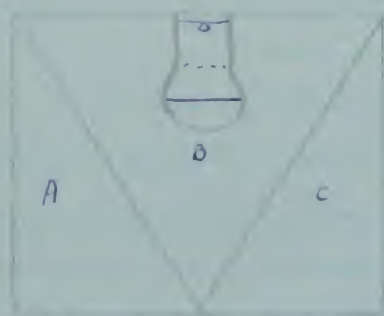
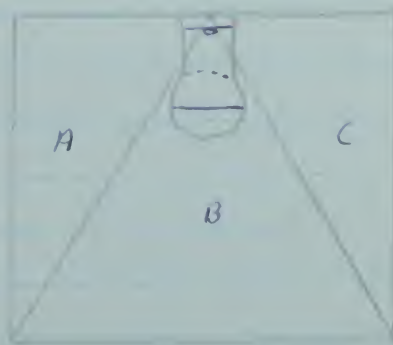
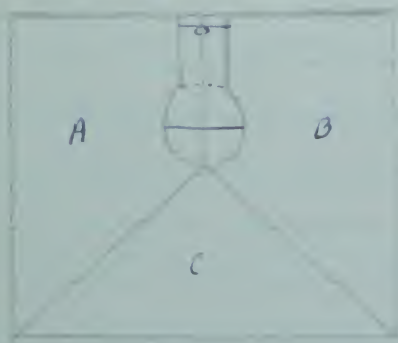
1. Pass ahead of player.
2. Fwd. if facing own guards, go to meet pass.
3. Guards never pass across opponent basket.

4. Shoot for basket whenever free.
5. Never pass when in pos. to shoot.
6. Pass, then move quickly to a pos. to receive a return pass.
7. Learn to use left hand.
8. Stand in front of guard to receive pass.
9. Practise set plays until good habits become automatic, other plays take care of themselves.
10. Speed & clean handling of ball imp.
11. Pass over guards head easily blocked. Don't use.
12. Learn to shoot while moving.
13. Free shots win games; practise til make them with eyes shut.
14. Good offense is best offense.

Defense.

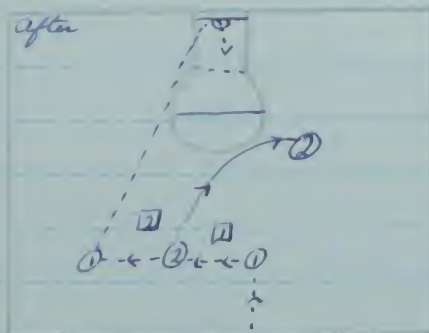
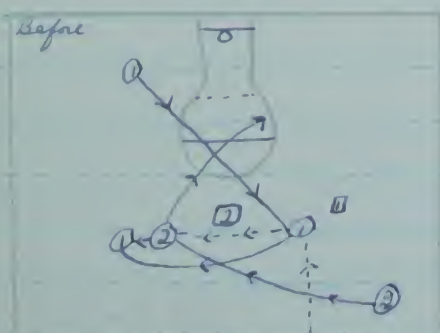
A combination of man to man and zone defense is effective. Man to man - player assigned to one opponent and responsible for her. Zone defense - each player on defensive responsible for certain area of court and accepts any player coming into that area as opponent. Should more than one opponent come into same area at one time, defensive player responsible for area takes first player who comes into section. Free defensive player takes second offensive player.

When to shift from zone system to man to man is must be worked out by each individual team. Defensive players should know others abilities & style - a good defense - the highest type of cooperative team play. It is advisable to use zone system as offense receives ball in own $\frac{1}{2}$ (fwd. zone) of court. As comes near basket man to man is used except when screen plays used by offense - defense shifts again as illustrated.



Points To Remember.

1. All defense players skilled in fundamental tactics.
2. Always keep between opponent and basket.
3. If caught off balance, etc - don't react at opponent.
4. Avoid jumping in air to stop long distance shots.
5. In scoring zone play opp. close then in midfield.
6. If opp. still don't stand too close. Be ready for break & back.
7. In mid-field when opp. shoots keep eye on ball & player.
8. To avoid foul in intercepting bounce keep hd near opp low.
9. Watch opp's signals but don't take concentration from defensive tactics.
10. Ready for out of bounds plays.
11. At 1/2 of each 1/2 study opp's style.
12. If bounces great deal guard loosely to intercept bounce.
13. " pivots " " " " closely.
14. Always keep hd. on inside of court low in case of feint.
15. Keep wt. on toes, don't shift every move of opp.
16. If teams use pick-off or pivot guard opp closely.
17. " player succeeds in switch to other player & teammate take you.
18. Alert guards never allow guards to recover rebounds.
19. Defense should never pass ball across opp's basket.
20. " in clearing from under basket should always clear & sides.
21. Good defense will shift from def to off immed. when has ball.
22. One player stays bk by basket as "safety player".



Switch of defense for pick-off play.

Description (Def. players shown in squares)

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As No. 1 starts to come round No. 2. & receive short pass, No. 1's guard moves over to take No. 2's fwd. & 2 is then able to cover 1's fwd. If this principle of switching is learned by defensive players little trouble in breaking up pivot & pick-off plays on part of offense.

Defense Situations -

1. Defense When Opposing Team has Centre - Throw.

In this situation definitely up to guards & follow basic rule of keeping btw. fuds & goal. (Diagram I)
Centre guard will move fwd. somewhat; not far enough however to guard fwd. receiving centre throw since little chance of intercepting initial pass.

P. & L. guards take up pos. btw. other 2 fuds & goal on their respective sides of court, ready to intercept pass if possible, if it comes to their side, or to drop back & cover if goes to other side.

2. Defense When Opposing Fuds Have Ball.

This calls for a zone system of defense.

Thon. & - man not entirely abandoned though.

With each guard responsible for certain area instead of certain player, play becomes more open

& blocking & tagging less apt to occur. Pos. of

tall centre guard only more or less stationary & will have to shift fwd or L. or R. depending on pos.

of ball & fuds. P. & L. guards respon. & respective sides of court, shifting fwd & bk according to play

and nearest guard covering player w ball & then dropping bk. In this way guards able

to keep constantly between fuds & basket, intercepting ball when pass, & covering fuds closely when they R. when shooting range.

3. Defense When Opposing Guards Have Ball.

6-man defense effective. If guard has ball near end-line, opp. fuds trip bk near centre line & defensive L & R to move toward centre line

& complete piece-of-pie formation across middle area of court, thus holding up ball. (Diagram II)

Centre defensive guard stay bk as safety net to get pos. fuds backed plan over 4's of 5 team note
Defensive fuds. must use judgment to react accordingly.

If not successful in intercepting ball themselves, may at least area this which F's may pass. In this way 2nd line of defense, def. F's should be able to intercept & keep ball from reaching opp. fnds.

4. Defense on Out of Bounds Plays.

A. For Fnds - When F's have Ball o-o-b at e-line 2-man defense used. If play from 5-line still holds good in def. fnds shifting toward side of ball, trying to bottle it in own pos.

B. - For Guards - When F's have o-o-b at e-line F's in danger & should use man-2-man. If from 5-line by F. usual shifting zone defense used. F nearest ball cover throw-in from o-o-b, center F shifting slightly toward side & 3rd F bk. & cover goal.

5. Defense Following Free-Throw.

After F shoots ball on defense. Fnds move in toward basket tallest player or best jumping near goal trying to rebound or deflecting ball to mate on 1 side of Bsk. Free-thrower moves to uncrowded side (Wing III) F's in meantime arranged defense so tall center player ready to rebound ball or rebound or tip out to L. or R. where other 2 F's ready to receive ball or cover a fnd.

